

SAGE WISDOM ON **MANAGING STRESS**

Mark Long, Ed.D.
Navy Health Promotion

**Stress is inevitable,
distress is not**

**Dr.'s James and Jonathan
Quick**

**For most people, most
of the time, most of the
stress they encounter
is self induced**

Jeff Davidson

Distress is like an equal opportunity employer. It is blind to race, sex, age or occupation. It has only one rule- if you don't deal with your stress, your stress will deal with you

Dr. C. Edward Crowther

**You are the only one
who can determine how
the stress in your life is
to be used**

Dr. Kenneth Cooper

The way we perceive a situation is more important than the situation itself

Dr. Valerie O'Hara

**Reframe an event by
changing the way you
look at it to emphasize
the positive**

Dr. Robert Hales

**There are two ways of
meeting difficulties:
you alter the difficulties
or you alter the way
you meet them**

Phyllis Bottome

**Have patience with all
things, but mostly with
yourself**

St. Francis de Sales

**If you see ten troubles
coming down the road,
you can be sure that
nine will run into the
ditch before they reach**

you President Calvin Coolidge

**Although we can't
control everything that
happens in life, we can
control our attitudes
and responses**

Lou Tice

**Most of our stress is
caused by our negative
thinking and faulty
reasoning- creations of
our own minds**

**Dr.'s Arnold and Clifford
Lazarus**

**We can choose to
change the habits of
pessimism into
optimism**

Dr. Martin Seligman

**Don't weigh down your
present with fear of the
future**

**Dr. Thomas Whiteman, Dr. Sam
Verghese & Randy Petersen**

Feeling in control helps minimize stress

**Dr.s' Leslie Telfer, David
Barlow, & Ronald Rapee**

When you find yourself in situations where your blood is boiling or your stomach is churning, try to get into the habit of stepping outside yourself and becoming the observer

Elaine ST James

**Carrying around
useless stress is a
heavy burden to both
body and soul.**

**Remember to travel
light on your journey
of life.**

Dr. Brian Luke Seaward

When written in Chinese, the word crisis is composed of two characters. One represents danger and the other opportunity.

President John F. Kennedy

**Don't sweat the
small stuff!**

Dr. Richard Carlson

**Laughter is like jelly-
when you spread it
around, you can't help
getting some on
yourself!**

**Dr. s Manning, Curtis &
McMillen**

**Look for opportunities
to take good care of
yourself every day**

Diane Hales & Dr. Robert Hales